

8. Apparatus as in claim 1, further comprising a display device for displaying the video display.

9. Apparatus as in claim 1, wherein the means for providing a haptic sensation further comprises a brake.

10. Apparatus as in claim 1, wherein the means for providing a haptic sensation further comprises a motor. 5

11. Apparatus as in claim 1, further comprising means for ascertaining the physical strength of a user, and wherein the means for providing a haptic sensation produces the haptic sensation in accordance with the ascertained strength of the user. 10

12. Apparatus as in claim 1, wherein the means for providing a haptic sensation further comprises attachment means coupled to the means for providing an instruction such that movement of at least a part of the means for providing an instruction corresponds to movement of the attachment means. 15

13. Apparatus as in claim 12, wherein the attachment means comprises a shaft, such that movement of at least a

part of the means for providing an instruction corresponds to rotation of the shaft.

14. Apparatus as in claim 12, wherein the means for providing a haptic sensation further comprises:

means for displaying a haptic sensation to the user; and  
means for coupling the means for displaying a haptic sensation to the attachment means.

15. Apparatus as in claim 14, wherein the coupling means comprises a flex coupling apparatus.

16. Apparatus as in claim 14, wherein the coupling means comprises a slacked chain link apparatus.

17. Apparatus as in claim 12, wherein the means for providing a haptic sensation further comprises a pseudo random number generator for use in producing the haptic sensation.

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